



Step up to improve your health & wellbeing

Thank you for participating in the recent Barossa Steps to Better Health survey. The results will be used to provide us with a better understanding of the health and wellbeing needs of the Barossa community.

People who scored 4 or below on any of the Steps to Better Health questions often find it helpful to seek support. The services listed in this booklet are a good starting point.

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**If you can not find what you need within this booklet contact
The Barossa Council (Monday - Friday 9am - 5pm)
on 8563 8444.**

My connection with family

Lutheran Community Care - Barossa

Personal counselling about any issue available face-to-face, telephone or video call.
P: (08) 8562 2688 | W: lccare.org.au/find-help/barossa-services/

Relationships Australia

A range of counselling services and other supports are available to suit your individual needs.
P: 1300 364 277 | W: rasa.org.au/services/

Hand in Hand Family Centre - Barossa

Providing a variety of groups, events and courses aimed at increasing community connection and wellbeing. All welcome.
P: (08) 8562 1011 | Barossa Valley Hand in Hand Family Centre

My connection with people outside of my family

Barossa Community Connector

Assistance to find solutions that are the right fit for you. Free service.
P: 049 9339 987 | W: barossa.sa.gov.au/community-connector

The Barossa Council Libraries

A great way to connect with your community including social groups and a home delivery service. P: (08) 8563 8440 | W: barossa.sa.gov.au/libraries

Community Connections Program - Barossa

For Barossa residents aged 18-64 (or 18-49 for ATSI peoples) who need short-term support but are not eligible for programs such as NDIS or My Aged Care.
P: (08) 8562 2688 | W: lccare.org.au/find-help/barossa-services/community-connections/

Friendline - Friends for Good

A national support line for anyone who wants a casual chat.
P: 1800 424 287 | W: friendline.org.au

Barossa Community Kitchen

Free three course meal every Thursday from 5.00pm - 6.30pm
54 Murray Street, Nuriootpa (behind Uniting Church) |  Barossa Community Kitchen

My employment, volunteering or retirement plans

Barossa Plains Job Finder

Linking local people with local jobs and training and employers to the right person for the job. P: (08) 8563 3603 | W: barossa.org.au/regional-workforce/

Volunteering Barossa & Light

Matching volunteers to opportunities and providing advice and guidance around volunteering. P: (08) 8563 8326 | W: barossa.sa.gov.au/volunteering

Job Active

Helping you to find and keep a job. W: jobactive.gov.au

Job Access

For people with disability, find the right service provider in your region to help to find and keep a job. W: jobaccess.gov.au/

The Senior Newspaper

Information specifically for seniors. Free at most pharmacies. W: thesenior.com.au

My level of education and training

TAFE SA (Nuriootpa)

Whatever your career goals are TAFE SA can help you achieve them with courses that have developed in collaboration with industry.

P: (08) 8562 0500 | W: tafesa.edu.au/locations.barossa-riverland/barossa

Barossa Enterprises - Barossa Skills Plus

An innovative and creative program developed to engage and assist people requiring support to explore enterprise opportunities. (NDIS plan required).

M: 0417 832 502 (Rick Mierisch) | W: barossaent.com.au/skillsplus/

Course Seeker

Search and compare thousands of courses from different institutions across Australia.

P: (08) 8224 4000 or 1300 138 440 | W: courseseeker.edu.au/

My Skills

Online training options including free and low-cost courses. W: myskills.gov.au/



My financial situation

Lutheran Community Care - Barossa

Qualified financial and budget counselling. Support for people on low incomes, Centrelink benefits or unemployed. Food vouchers, payment of PBS chemist scripts, food items, other assistance and referrals to other services. Free, non-judgmental and confidential.

P: (08) 8562 2688 | W: lccare.org.au/find-help/barossa-services/

No Interest Loan Scheme (NILS)

For people on a low income who cannot obtain affordable credit.

P: 13 64 57 | W: goodshep.org.au/services/nils/

Farmer Assistance Hotline

Assistance for farmers & their families who are experiencing financial hardship.

P: 13 23 16

Affordable SA

Access to information, resources, support, and services to best meet your needs if struggling with affordability issues. Free and confidential service.

P: 1800 025 539 | W: affordablesa.com.au/

My harmful habits

(eg: smoking, gambling, compulsive shopping, drugs/alcohol)

Drug & Alcohol Services SA

A state-wide health service offering a range of prevention, treatment and education services for people with alcohol, and other drug issues.

P: (08) 7425 5000 | W: sonder.net.au/health-programs/alcohol-other-drugs/

Barossa Family Drug Support Group

Supporting families affected by alcohol and other drugs.

M: 0457 030 805 (Catherine Winter) | W: barossacares.com.au/places/family-drug-support/

Gambling Helpline

Immediate help available now.

P: 1800 858 858 | W: problemgambling.sa.gov.au/

Relationships Australia - Gambling Help

Developing positive, respectful and meaningful relationships to provide the support needed to alleviate issues such as gambling.

P: 1300 364 277 | W: rasa.org.au/services/couples-families/gambling-help-service/

My access to affordable, healthy food

(such as fresh fruit, vegetables and meat)

Meals on Wheels Barossa

Helping those who cannot cook or shop for themselves with ease, such as older people, people with a disability, carers or those recovering from an illness or injury. Meals are delivered daily for a small cost.

M: 0455 872 267

Mt Pleasant Farmers Market

Open every Saturday from 8am – 12.00 noon, featuring a range of fresh, seasonal and affordable produce.

M: 0418 301 121 |  Mount Pleasant Farmers Market AU


Lutheran Community Care

Emergency Relief support and provider of Foodbank vouchers. Foodbank available in Nuriootpa every Monday from 11.00am-1.00pm.

P: (08) 8562 2688 | W: lccare.org.au/find-help/barossa-services/

Impact Restore

Emergency food parcels available to pick up in Nuriootpa.


M: 0437 914 664 (Kelly) |  Impact Re-Store

Barossa Community Kitchen

Free three course meal every Thursday from 5:00pm - 6.30pm. No booking necessary.

54 Murray Street, Nuriootpa (behind Uniting Church) |  Barossa Community Kitchen

Barossa Farmers Market

Open every Saturday from 7.30am - 11.30am.  Barossa Farmers Market

My access to transport

Barossa & Light Community Transport - The Barossa Council

Assisting transport disadvantaged residents of The Barossa Council and Light Regional Council get to appointments and activities.

P: (08) 8563 8411 | W: barossa.sa.gov.au/transport

Keoride

Door-to-door on demand public transport between townships of Angaston, Nuriootpa and Tanunda. P: 1300 642 604 | W: sa.keoride.com.au/service-areas

Barossa and Light Cab Service

Taxi service available 7 days a week across Barossa, Light and Mid Murray areas.

M: 0400 631 631 | W: barossaandlightcabservice.com.au

Barossa Taxis

Taxi service covering lower north, Barossa, Light, Adelaide Hills and more.

M: 0411 150 850 | W: barossataxis.com.au

My access to suitable housing or accommodation

Housing SA

Assistance with paying bond and rent.

P: 131 299 | W: sa.gov.au/topics/housing/renting-and-letting/residential-bonds/help-paying-bond-and-rent

Centacare - Outer North Youth Homelessness Services (ONYHS)

Provides case management, early intervention, outreach, post-crisis and wait-list support to young people aged 15-25 years who are homeless or at risk of homelessness. Emergency and intensive accommodation support for young people aged 15-18.

P: (08) 8303 6625 | W: centacare.org.au/service/outer-north-youth-services/

North West SA Homelessness Alliance

A 24/7 state-wide free phone service for information and a direct referral into homelessness services. P: 1800 003 308 | W: homelessconnectsa.org/

My mental health

Mental Health Emergency

Available 24 hours, 7 days a week. P: 13 14 65

Lifeline

24 hours crisis support. P: 13 1114 | W: lifeline.org.au/

Your Mental Health Plan

If you feel that you may be in need of mental health support and have never accessed a mental health service before, contact your GP and ask for a Mental Health Plan .

Lutheran Community Care - Barossa

Personal counselling about any issue available face-to-face, telephone or video call.

P: (08) 8562 2688 | W: lccare.org.au/find-help/barossa-services/

Reach Out

Online mental health service for young people and their parents.

W: about.au.reachout.com/

Qlife

LGBTQIA+ peer support and referral for people wanting to talk about sexuality, identity, gender or feelings.

P: 1800 184 527 | W: qlife.org.au/

Suicide Call Back Service

Professional 24/7 telephone and online counselling to people who are affected by suicide.

P: 1300 659 467 | W: suicidecallbackservice.org.au/

My physical health

Open Your World

Resources to look after your physical, mental and social wellbeing.

W: openyourworld.sa.gov.au/

Health Direct Australia

24 hour health advice. Online symptom checker and experienced nurse advice available by phone.

P: 1800 022 222 | W: healthdirect.gov.au/

Angaston Medical Centre

Providing a wide range of GP services. COVID vaccination clinic.

P: (08) 8564 2255 | W: angastonmedical.com.au/

Gawler GP Access After Hours

After hours GP service and after hours wound management clinic.

P: (08) 8522 3877 | W: gpinc.org.au

Nuriootpa Medical Centre

Providing a wide range of health support for obstetrics, women's health, anaesthetics, surgery and minor procedures, family health, preventative medicine, and other special interests.

COVID vaccination clinic

P: (08) 8562 4444 | W: nuriootpamedical.com.au/

Tanunda Medical Centre

Comprehensive general practitioner service.

P: (08) 8563 2777 | W: tanundadoctors.com.au/

The Rex Barossa Aquatic and Fitness

Premier gym, court and indoor swimming pool facility located in Tanunda in the Barossa Valley. Disability accessible with a Changing Places facility.

P: 08 8563 2766 | W: barossarfc.com.au/

STARplex Gawler

Sports, training, arts and recreation centre providing quality lifestyle health and fitness for families.

P: (08) 8522 0622 | W: starplex.com.au/

Red Cross – Telecross Redi

Daily phone call to check on your wellbeing through the Telecross service.

P: 1800 733 276 | W: redcross.org.au/get-help/community-services/telecross

Your Foot Doctor - Tanunda

More than just podiatry. Allied health team available to provide holistic care.

P: (08) 8562 1700 | W: yourfootdoctor.com.au/

My access to spaces for recreation

(such as parks, ovals, playgrounds or beaches)

The Barossa Council – Recreation and Venues

Provider of local parks, playgrounds, pools, walking and cycling trails for the community to enjoy. P: (08) 8563 8444 | W: barossa.sa.gov.au/recreation-and-venues/playgrounds

Barossa Bushgardens

Native gardens, walking trails, resource centre, plant nursery and labyrinth. P: (08) 8563 8330 | W: barossabushgardens.com.au/

My support when I provide care to others

(such as a relative, partner, child or friend/neighbour)

Carer Gateway

Australia-wide network of Carer Gateway service providers including advocacy, advice, information and connection to other carers in your community. P: 1800 422 737 | W: carergateway.gov.au/

Carers' & Disability Link - Barossa

Linking people with disability, carers and the aged, with care and support services through flexible and inclusive choices within the local community. P: (08) 8562 4000 | W: carersanddisabilitylink.support/

Dementia Australia

Support for families and carers. P: 0476 848 784 (Morna Coates) | W: dementia.org.au/

Parent Helpline

Telephone support for parents of children birth - five years old provided by qualified nurses, social workers and community health workers. P: 1300 364 100 | W: cafhs.sa.gov.au/



My safety at home

If you or anyone you know is currently feeling threatened or unsafe it is best to call 000. The police can remove an abusive person from a situation or support someone to reach safety. If the situation is not urgent there are other supports available.

1800RESPECT

National sexual assault and domestic violence telephone counselling service.

P: 1800 737 732 | W: 1800respect.org.au

Domestic Violence Gateway Service

Support to organise a safe place to stay, to make a plan for you and your children's safety and provision of information about services and financial help.

P: 1800 800 098 | W: police.sa.gov.au/your-safety/dvds

Lutheran Community Care - Barossa

Personal counselling about any issue available face-to-face, telephone or video call.

P: (08) 8562 2688 | W: lccare.org.au/find-help/barossa-services/

Yarrow Place Sexual Assault Support Service

Free and confidential support for people aged 16 years and over.

P: 1800 817 421

My safety in the community

Neighbourhood Watch

Bringing neighbours and police together to solve local issues and create connected communities where crime is less likely to occur.

W: police.sa.gov.au/nhw/home

Aged Rights Advocacy Service (ARAS)

A free, confidential and state-wide service to older people, or their representatives, who are living in residential aged care or a retirement village, receiving Commonwealth Home Support Programme (CHSP) or Home Care Package (HCP) services and/or are at risk of, or experiencing abuse.

P: 8232 5377 | W: sa.agedrights.asn.au

Elder Abuse Helpline

Promoting the right of all older people to live free of abuse. Calls are confidential.

P: 1300 651 192

Child Abuse Report Line (CARL)

24/7 phone service if you are concerned about a child and have a reasonable suspicion that a child is being abused or neglected.

P: 131 478 | W: sa.gov.au/topics/education-and-learning/health-and-wellbeing/child-abuse/report-child-abuse

My access to assistance with legal matters

Legal Services Commission of SA

Free legal information, legal advice and legal education.

P: 1300 366 424 | W: lsc.sa.gov.au/

My childhood was...

For counselling and psychological support see 'My mental health' on page 6.

My access to health services when I need them

(such as a doctor, hospital, psychologist or other health professional)

See 'My physical health' on page 7.

My access to other support services when/if I need them

(such as home care, respite, disability, parenting or other support)

Community Connections Program - Barossa

For Barossa residents aged 18-64 (or 18-49 for ATSI peoples) which need short-term support but are not eligible for programs such as NDIS or My Aged Care.

P: (08) 8562 2688 | W: lccare.org.au/find-help/barossa-services/community-connections/

Lutheran Community Care - Barossa

Personal counselling about any issue available face-to-face, telephone or video call.

P: (08) 8562 2688 | W: lccare.org.au/find-help/barossa-services/

Carer Gateway

Australia-wide network of Carer Gateway service providers including advocacy, advice, information and connection to other carers in your community.

P: 1800 422 737 | W: carergateway.gov.au/

Parent Helpline

Telephone support for parents of children birth - five years old provided by qualified nurses, social workers and community health workers.

P: 1300 364 100 | W: cafhs.sa.gov.au/

My Aged Care

Find and access government-funded aged care support services.

P: 1800 200 422 | W: myagedcare.gov.au/

Feros Care

Partnered with the National Disability Insurance Scheme (NDIS) to help people with disability live healthy, fulfilling and connected lives. Servicing the Barossa region.

P: 1300 986 970 | W: feroscare.com.au

How I'm coping during the COVID-19 pandemic

SA COVID-19 Mental Health Support Line

Providing mental health support for people during COVID-19. 8am - 8pm 7 days a week.
P: 1800 632 753 | W: unitingcommunities.org/service/counselling/crisis-support/sa-covid-support-line

Kid's Helpline

Free and confidential phone and online counselling service for young people aged 5 to 25.
P: 1800 55 1800 | W: kidshelpline.com.au/

Reach Out

Online mental health service for young people and their parents.
W: about.au.reachout.com/

Aged Rights Advocacy Service (ARAS) COVID -19 Resources

Free COVID-19 resources to support residential aged care facility residents, home care recipients, their families and service providers during an outbreak
W: sa.agedrights.asn.au/resources/coronavirus-covid-19-information-and-resources/covid-resources-for-residents-families-and-providers

**IF YOU OR SOMEONE YOU KNOW NEEDS URGENT HELP CONTACT ANY OF THESE SERVICES
24 HOURS / 7 DAYS A WEEK:**

**Police, Ambulance, Fire
000**

**Mental Health Support
13 14 65**

**Lifeline
13 11 14**

**Kids Helpline
1800 551 800**

**Suicide Call Back Service
1300 659 467**

Access this resource online through the QR code.



This project is funded by Wellbeing SA under the Healthy Towns program and is led by The Barossa Council in partnership with Flinders University and Dr Bill Gransbury.